

Society and Clubs

Post-Holiday Dieters Cheered By Former Fat Girl's Success

By ELIZABETH TOOMEY
United Press Correspondent

New York (U.P.)—To cheer all those who hunger on the first bleak day of post-holiday dieting, we present the success story of a former fat girl who says:

"Stick to it. It's great to find out you've got will power. I'll never be fat again, no matter how wonderful food tastes."

These words were spoken by June Valli, a five-foot-tall singer who was at the moment sitting in her hotel bedroom, a flimsy yellow robe wrapped around her trim curves.

"I could be fat again any day I wanted to start eating the way I used to," June said. Weighed 140 Pounds

She weighs 102 pounds now and has a 19-inch waistline. But five years ago, when she was 19 years old and should have been skipping off to dances with neighborhood boys, June weighed 140 pounds and had a 28-inch waistline.

"The fatter I got the more I stayed home and the more I stayed home the fatter I got, because my mother had such good food around the kitchen and I picked at it all the time," June recalled.

She doesn't laugh when she describes "feeling like a fat girl," yet the petite singer often drags out snapshots of herself and lets other people laugh at the way she used to look.

Her dieting began after she got an unexpected chance to be a big-time singer in 1951. The Bronx-born girl had thought she'd be a dress designer, but when she won first place on Arthur Godfrey's Talent Scouts as a singer she faced a big decision.

Started Protein Diet
"I couldn't be a singer and hide my figure from people," she said. "So I cut a protein diet out of a magazine and started."

She hated every minute of it.

January Meeting Of Siskiyou Club Set for Monday

Ashland—Cy Radcliffe, Home-dale, Ida., will speak for meeting of Siskiyou Knife and Fork club Monday, January 9, at 7:30 p.m. at the Ashland Elks club. His topic will be "Big Government versus Small Business."

Reservations are to be made with William Dawkins, club secretary, not later than Saturday, January 7.

Harry Sherry Jr., and John Cotton, Ashland, Dr. Jack Ingram and Dr. Lee Mellish, Medford, are now members of the club's board of directors.

June admits frankly. She got wonderful breaks those first months of her singing career but she also had a constant pang—hunger.

"I was miserable because I couldn't have a real dinner," she sighed. "I got so I hated the sight of cottage cheese and steak. I never could have made it if I hadn't kept myself extra busy."

She lost 20 pounds the first four weeks, and the sight of her reflection in the full-length mirror gave her the will power to lose the next 20 pounds.

"I went from a size 14 to a size seven," she recalled, "and vowed I'd never weigh 140 again in my life."

Gold Hill Lodge To Hold Session; Club Holds Party

Gold Hill—Amethyst Rebekah lodge will meet Wednesday, January 4, at Gold Hill Odd Fellows hall.

A Christmas party was held following the last lodge session, and gifts were exchanged. Mrs. Fred Lester, noble grand, was presented a gift by Amethyst Rebekah Friendship club on behalf of the lodge.

Mrs. Clarence Parsley, vice-grand, took charge of the program which was a puppet show staged by James Kendall and Tommy Richardson. The story had been written by the former. Refreshments were served by Mrs. Don Morrow, Mrs. Lester Parker and Mrs. Wilbur Martin.

The last meeting of Amethyst Rebekah Friendship club was held at the home of Mrs. John Cogswell. Christmas gifts were exchanged, and secret friends revealed. Mrs. Cogswell, president of the club, presented each member a ceramic replica of a Bible with the club's creed imprinted on it. The gifts were made by Mrs. Cogswell.

Decorations and refreshments were in keeping with Christmas. Mrs. Roy Centers assisted Mrs. Cogswell.

Many children of the community took part in the annual Christmas program and party, an annual event sponsored by Gold Hill Odd Fellows and Rebekah lodges. Mr. and Mrs. Wilmer Bailey were chairmen.

Son Leaves
Frank Gerety, son of Mr. and Mrs. T. M. Gerety, 115 South Ivy street, left Saturday morning for Greeley, Colo., to resume his studies at the University of Colorado, after spending the Christmas holidays with his parents.

S-o-o Flattering!



7309
SIZES
12-20

by Alice Brooks

This flattering new dress—fashion "must" for spring! Iron-on flowers—take just seconds to spark the neckline with gay color!

Pattern 7309: Misses' Sizes 12, 14, 16, 18, 20. Tissue pattern, washable iron-on transfers in combination of pink, green, State size.

Send Twenty-five Cents in coins for this pattern—add 5 cents for each pattern for first class mailing. Send to Medford Mail Tribune, Household Arts Dept., P.O. Box 168, Old Chelsea Station, New York 11, N. Y. Print plainly NAME, ADDRESS, PATTERN NUMBER and SIZE.

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Arbor Day Founder Began National Tree Planting

Washington—U.S.—The Department of Agriculture figures J. Sterling Morton, Nebraska City, Neb., really started something when he founded Arbor Day.

The department said the tree-planting holiday has spread from Nebraska to the other 47 states, and the program broke all records in fiscal 1954.

The department said 63,997 acres of trees were planted in Nebraska during the year, and the total national acreage was 811,066, compared to 715,548 acres a year earlier.

Week of Prayer Being Observed; Council Assists

Medford Council of Church Women and Medford Ministerial association cooperated in making arrangements for the Universal Week of Prayer being observed throughout the world this week. It is said that the prayer week has been observed annually for more than 100 years.

Locally a series of special meetings has been arranged, and the first was held Sunday at Church of the Brethren, with the Rev. N. K. Tully, Jacksonville, Presbyterian minister, as leader. The second was held at the Congregational church yesterday, with Chaplain Feller of Camp White as leader and tonight's meeting is to be held at Friends church at 7:30 p.m. with the Rev. L. G. Weaver, retired Methodist minister, as leader.

Wednesday's prayer meeting will be held at First Methodist church, Medford with Elder E. F. Coy of the Seventh Day Adventist church as leader and Thursday night's meeting is set for the Free Methodist church and Robert Jones, secretary of Medford YMCA, will be leader.

The Salvation Army hall will be opened for Friday's meeting, and the Rev. W. Lee Gray, retired Presbyterian minister, will be the leader and the scheduled series will close with a meeting Saturday at Eastwood Baptist church led by Dr. Jewett Bray, retired Methodist minister. All are to be at 7:30 p.m.

January 8, closing day of the prayer week, each church is to plan an observance for its own congregation.

CALENDAR

Tuesday
7:30 p.m.—Medford Truth center, "Unity," 203 Holly Theater bldg.

8 p.m.—Auxiliary to Crater Lake chapter, VFW, VFW hall, 42 North Front st.

8 p.m.—Pythian Sisters, Pythian bldg.

Wednesday
10:30 a.m.—Lake Creek Home Extension unit, Mrs. Foster Swiger, Antelope rd.

10:30 a.m. to 3 p.m.—Upper Applegate Home Extension unit, Mrs. Gail Buffington, Upper Applegate river.

12 noon—Gold Star Mothers, Mrs. Matilda Dietrich, 839 North Central ave.

12:30 p.m.—Get Together club, Moose hall, 11 Newtown st.

1 p.m.—Past Chiefs club, Pythian Sister, Mrs. Don Ross, Ross lane.

1:30 p.m.—Eagle Point Garden club, home of Mrs. Ruby Stowell.

1:45 p.m.—Mrs. E. L. Lageson, 34 Glen Oak court.
2 p.m.—Wednesday Study club, Mrs. L. K. Doty, 1125 East Main st.

Longer-lasting and more comfortable shoes may result from research on vegetable-tanned leather insoles done by the U. S. Department of Agriculture.

Chapter BE

Chapter BE, PEO, will meet tonight at 8 o'clock at the home of Mrs. W. A. Thompson, 135 North Holly street. Mrs. R. A. Holmes will be the assistant hostess.

The Longer Look

Fashion chooses the long, long look for spring—and so will you! It's most beautifully displayed by this new dress—in a low 'n' lovely waist, atop the graceful full skirt. It's simply terrific in almost every fabric—from daytime cotton, to glamorous silk taffeta!

Pattern 9029: Misses' Sizes 10, 12, 14, 16, 18. Size 16 takes 4 1/2 yards 39-inch fabric.

This easy-to-use pattern gives perfect fit. Complete, illustrated Sew Chart shows you every step. Send Thirty-five cents in coins for this pattern—add 5 cents for each pattern for first class mailing. Send to Marian Martin, care of Medford Mail Tribune, Pattern Dept., 232 West 18th St., New York 11, N. Y. Print plainly NAME, ADDRESS with SIZE and STYLE NUMBER.



9029 SIZES 10-18

by Marian Martin

Nursery Panel Now I Lay Me



7137



by Alice Brooks

Help children to remember prayers with this picture-sampler. Letters are large, easy to read, pictures are happy and lovable. Sweet nursery decoration.

You'll love to embroider this easy sampler! Pattern 7137; transfer 15 1/2 x 10 1/2 inches.

Send Twenty-five Cents in coins for this pattern—add 5 cents for each pattern for first class mailing. Send to Medford Mail Tribune, Household Arts Dept., P.O. Box 168, Old Chelsea Station, New York 11, N. Y. Print plainly NAME, ADDRESS AND PATTERN NUMBER.

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Many fabrics, such as berberge, silk organzies and voiles, stretch easily during sewing. To prevent this, try stitching them on tissue paper.

About 71 per cent of all U.S. families own one car; 13 per cent own two or more.



ST. JOSEPH ASPIRIN FOR CHILDREN

Fits Perfectly!



9188 14 1/2-24 1/2
by Marian Martin

Want to look taller, slimmer? Choose this smart step-in that's designed for your half-size figure—proportioned to fit! Smooth, simple lines—flattering! Easy-sew, too! Choose shantung, linen, or crisp cotton. Add saddle-stitch trim in bright contrast color.

Pattern 9188: Half Sizes: 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2. Size 16 1/2 takes 3 3/4 yards 39-inch fabric.

This easy-to-use pattern gives perfect fit. Complete, illustrated Sew Chart shows you every step. Send Thirty-five cents in coins for this pattern—add 5 cents for each pattern for first class mail-

Annual Tea Held By Herb Society

The annual Christmas herb tea was given December 27 by members of Rogue Valley Herb society at Girls Community club in Medford. Mrs. Katharine Counts was a guest.

After the business meeting, Mrs. Arthur B. Kneass displayed a pomander which she had made as a workshop project. She gave directions for making these pomanders, sometimes called "kissing balls" and a brief history.

The balls are made from an orange, lemon, lime, apple or quince which are stuck with whole cloves, sprinkled with spices or orris root and then wrapped in paper to ripen for several weeks. The pomander ranks with potpourri for fragrance and were sometimes worn as amulets in days gone by.

Of particular interest to the group was a display of herb scrap books kept throughout the year by several members. This is considered an advantageous way to catalog and preserve articles and pictures of herbs which the members of the society are endeavoring to make more widely known and used.

After a gift exchange, spiced tea and herb cookies were served by Mrs. John D. Holst, Gold Hill; Mrs. Edgar Vanderlip, Mrs. R. D.

ing. Send to Marian Martin, care of Medford Mail Tribune, Pattern Dept., 232 West 18th St., New York 11, N. Y. Print plainly NAME, ADDRESS with SIZE and STYLE NUMBER.

Abel and Mrs. Stephen F. Counts. Mrs. Walter Grant poured.

The January meeting will be held at the home of Mrs. Arthur B. Kneass, 2535 Stewart avenue, Tuesday, January 24. Guests and prospective members are invited to attend the society's meetings.

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